

## ISS preparing for crew change in mid-October



## Fitness Centers sponsor annual walk/run at SLF

▲ **ISS Update:** A new ISS Progress 12 vehicle arrived at the ISS late Saturday night ferrying food, fuel, water and supplies for the Station's current inhabitants and those to follow. Expedition 8 Commander Mike Foale, Soyuz Commander and Flight Engineer Alexander Kaleri, and astronaut Pedro Duque of Spain are scheduled to be launched Oct. 18 on the Soyuz TMA-3 vehicle from the Baikonur Cosmodrome in Kazakhstan, headed for a docking Oct. 20. Duque will spend eight days aboard the ISS conducting science experiments.

▲ **KSC Fitness Centers Intercenter Walk/Run...** is being held Sept. 16 at 5 p.m. at the Shuttle Landing Facility. The 2-mile walk/run; 5K run and 10K run are free for all Spaceport employees. Stop by either Fitness Center by Sept. 12 to pre-register. Late registration takes place at the race. If you are interested in being a volunteer, please call 867-7829 or e-mail Debra Orringer at [orindl@kscems.ksc.nasa.gov](mailto:orindl@kscems.ksc.nasa.gov).

◆ **SGS NMA meeting to feature CD** – The SGS NMA Chapter #305 monthly dinner meeting is being held 5 to 7 p.m., Thursday, Sept. 18, at the Debus Conference Facility, KSC Visitor Center. Guest Speaker is KSC director James Kennedy. A buffet dinner will be provided (\$20 for nonmembers). For reservations, contact Julie Pylant at 867-2986, or e-mail [Julie.Pylant@jbosc.ksc.nasa.gov](mailto:Julie.Pylant@jbosc.ksc.nasa.gov) – they must be made NLT Friday, Sept. 12. For more information, go to SGS Home Page (select Other Sites, National Management Association, Next General Membership Meeting).

◆ **Recycle White Paper** – Wednesday, Sept. 10, the white paper recycling contractor, East Coast Paper Stock Inc., will be out to empty the blue containers (with wheels on back). Please empty all your white paper into the recycling totes. As a reminder, all roll-offs (large

blue containers with sliding doors located outside some facilities) are emptied on an as-needed basis and must be called in when they become three-fourths full – call the Recycling Coordinator at 867-6584. *Please no newspaper, colored paper, cardboard or trash/garbage in the totes or roll-offs.*

◆ **Florida Coastal Cleanup** – Space Coast Chapter of Federally Employed Women is participating in the 2003 Ocean Conservancy Coastal Cleanup to be held Sept. 20, from 8 a.m. to noon at Alan Shepard Park, Cocoa Beach (located at the end of SR 520). If you would like to participate in this community event sponsored by Keep Brevard Beautiful, just show up and help FEW clean the beach. For more information, please call Aneta Ott at 867-8548.

◆ **Toastmasters** – Experience the unique sense of power and confidence earned through effective public speaking. Join Toastmasters and learn how the organization can help you to overcome all obstacles to achieve total proficiency at speaking engagements large and small. Constructive evaluations and affordable membership options make Toastmasters the perfect organization for rising stars. Four on-site clubs offer you an opportunity to shine. Visit <http://KSCToastmasters.tripod.com> for meeting locations and times. Call Luke Setzer at 867-5849 for more information.



◆ **Did You Know?** Landscaping is a natural and beautiful way to keep your home more comfortable and reduce energy bills. A well-placed tree, shrub, or vine can deliver effective shade, act as a windbreak, and reduce overall energy bills. Carefully positioned trees can save up to 25 percent of a typical household's energy for heating and cooling (estimated between \$100 and \$250 annually).